Module 2 – Tackle Your Triggers – Quiz

1. Which statement is incorrect regarding emotional eating?

    A. Emotional eating takes a toll on your self-esteem.

    B. Emotional eating is empowering.

    C. The most effective way to give up a pleasurable habit is to find a substitute.

    D. Getting sufficient sleep can help you deal more effectively with emotional eating.

2. Which of the following can be an environmental trigger and cause you to eat more?

    A. Walking into a movie theater

    B. Turning on your favorite TV show

    C. Holiday dinners

    D. All of the above

3. How and when you eat matter almost as much as what you eat.

    A. True

    B. False

4. Which technique(s) can help you control late night snacking?

    A. Getting up earlier

    B. Brushing your teeth

C. Hiding the junk food

D. All of the above

5. Which statement is correct?

A. Healthy, low-calorie eating means that you must stick with vegetables.

B. Healthy, low-calorie eating requires long hours in the kitchen.

C. Healthy, low-calorie eating can be quick and simple.

D. Healthy, low-calorie eating means you have to give up desserts.

6. Which strategies help you fight hunger?

A. Eating breakfast

B. Eating potatoes

C. Smelling strong-flavored foods, like garlic

D. All of the above

7. Chewing gum usually encourages one to eat more.

A. True

B. False

8. Even easy eating strategies require some _____?

A. Sleep

B. Self-Control

C. Fruit

D. Self-Esteem

9. Which strategies can boost your willpower?

A. Get plenty of sleep.

B. Focus on one area of improvement at a time.

C. Practice moderation.

D. All of the above

10. Fitness involves both your body and mind.

A. True

B. False

Answer Key

1. B

2. D

3. A

4. D

5. C

6. D

7. B

8. B

9. D

10. A